



# ARE YOU PREPARED FOR AN EMERGENCY?

## overview of essential skills + tips

Procrastination doesn't equip you for an emergency...some commitment and preparation does!

You have home insurance for the same reason....just in case something happens. [although you hope you never have to use it]

With all the subject-specific bulletins 2HEALTH has created, it is time for a summary or review.

### Ready to test yourself ?

### 2HEALTH first aid quiz test yourself! answers below

- If someone is not breathing, they...  
a. may lose circulation in 1 minute  
b. are unconscious  
c. are definitely choking on something
- What's the order for an unconscious person rescue [after you've checked area, person and called EMS/911] ?  
a. Tilt head. Clean mouth. Listen for breathing. Start CPR.  
b. CPR. Tilt head. Give breaths. Repeat  
c. Clean mouth. Listen for breathing. Give breaths. Start CPR.
- For a choking baby, I will...  
a. send someone to call 911 then do abdominal thrusts  
b. rescue first, then call emergency [if I'm alone]  
c. perform back blows while they're sitting
- Someone swallowed a poison...  
a. help them to vomit, if they're ill  
b. call Poison Centre  
c. give water, then call Poison Centre

- Which first aid treatment is CORRECT?  
a. give a hyperventilating person a brown bag to breathe into  
b. for a bleeding nose, tilt head back for 5 min.  
c. when an arm is burnt by steam, put the arm in cool water  
d. during a seizure, hold person securely to minimize injury
- Which is the best sign of a heart attack...  
a. flu-like symptoms  
b. difficulty/ rapid breathing  
c. nausea  
d. all of the above

- If I'm alone, WHEN do I treat for shock and HOW?  
a. treat immediately + check for other injuries  
b. treat after ABC + keep them warm  
c. treat before ABC + keep them in recovery position

- What is the INCORRECT treatment for a wound?  
a. add bandages to the original blood-soaked dressing  
b. keep the fractured/ dislocated arm in a sling  
c. remove an embedded object carefully to properly dress it  
d. clean a knee abrasion with water + cover with gauze

Answers to first aid quiz: 1a / 2b / 3b / 4b / 5c / 6d / 7b / 8c

### new CPR guidelines

#### CHECK

- ...1. Scene for safety & your safety
- ...2. Person's response
- ...3. Person's airway, breathing, circulation

#### CALL

- If unconscious or ABC problems, call EMS/ 9-1-1. Send someone to call & bring an AED.
- If alone with adult, call immediately. If child or baby, call after 2 minutes of care.

#### CARE

- Wear gloves, mask or face shield before care.
- Care for Life-threatening conditions first:
- CPR: 30 chest compressions, 2 breaths
- Start using defibrillator [AED] asap.

#### NEW conscious choking rescue

- baby/ toddler:** hold head down, do firm 5 back blows & 5 chest thrusts
- child/ adult:** bend person forward, give 5 back blows & 5 abdominal thrusts
- \*repeat if needed and follow-up with EMS



### First Aid Kit must-haves!

- nitrile or vinyl gloves - many pairs
- a face shield or CPR mask
- lots of sterile dressings and bandages
- instant cold packs [make sure not old]
- first aid foil blanket
- seat-belt cutter [for car/ travel/ stroller]
- non-alcoholic antiseptic [BZK]
- triangular and tensor bandages
- adhesive strips for minor wounds
- non-stick gauze for burn wounds
- enough supplies for the number of users
- first aid steps + tips card
- emergency numbers
- room for personal items [i.e. epi-pen]
- a convenient home - so you can find it!



### bleeding rescue

#### external bleeding: +

- R:** rest [sit or lie down]
- E:** elevate above heart [if possible]
- D:** direct pressure with clean dressing [no pressure if imbedded object]

- nosebleed: +** Pinch, lean forward until stops. Avoid peaking or probing.



### heart attack

- heart attack: +** nausea, fatigue, denial, pain [i.e. chest, neck, jaw, back, arms], breathing difficulty, anxiety, sweating
- + EMS/911, rest, help retrieve nitro or ASA, monitor breathing and reassure

### EMERGENCY or Hazards: 9-1-1 / EMS

### Poison Info Centre: 1-800-268-9017

### Telehealth (non-emergency) 1-866-797-0000

### Motherisk: 416-813-6780 [prenatal health hotline]

### MedVisit 416-631-3000 [non-emergency OHIP-funded Doctors Housecall Service]

### first aid/ wellness scenario #23 Answers next bulletin

#### ? If there's an emergency with your pet, who do you call?

\*Answers to last 2HEALTH Bulletin's scenario:

Name 5 foods/ spices to help boost your immune system.

Ginger / Garlic / Tumeric  
Cayenne Pepper / Cinnamon

This bulletin is for information only and not to provide medical consultation nor is it a substitute for proper First Aid and CPR training.

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